

## **Second Short Written Assignment** **Further Reflections on Your Mindful Communication Practices**

**Assignment.** By Friday, March 6 at 9:00 am, submit a reflection paper (length below) on your mindful communication practices that covers the period from February 20-March 6. This paper asks you to reflect on your continued efforts to practice mindful communication.

Your paper should address the following components:

1. Context information. (This information can be relatively brief.)

- Describe the contexts in which you practiced: with whom did you practice and in what settings (for example, personal, academic, professional, mixed)?
- Approximately how many separate occasions did you practice?

2. Subjective reflections

- How did your experiences during the second two-week period of practice vary, if at all, from your experiences during the first two-week period of practice?
- Did the challenges you encountered in the second two-week period differ from those you experienced in the first practice period? Be as specific as needed to convey what challenges you faced and how they differed, if at all, from those you encountered in the first practice period.

Once again, were there places in your body where you felt those challenges? If so, what did that feel like?

- Did you notice anything new or different about how your mind works during these conversations during the second two-week period of practice?

Once again, a fully acceptable response is that you are still not noticing anything clearly about your mind. But if that feels true for you, spend some time reflecting on why that might be. Are there habits, assumptions, distractions, or other forms of resistance that may have limited what you were able to notice at this second stage in your practice?

**Suggestion:** For this second two-week practice period, if it is available, you might consider practicing mindful communication in conversations in different setting types. Practicing while speaking with a family member or friend is a different context than practicing with in a professional setting or in a conversation with someone you don't know as well and so may yield different insights.

**Length:** Your paper should be between four and seven pages, double-spaced.

**Grade:** This assignment is one of the graded short reflection papers. Collectively, the short papers are worth 15% of your final grade.

**Evaluation Criteria:** Your reflection paper will be evaluated by how effectively and meaningfully it engages with the assignment. We use will the following criteria:

<b>Evaluation Criteria</b>	<b>Superior Papers</b>
<i>Required components</i>	A superior paper addresses all required components, is appropriately focused on the prompts, and meets or exceeds all stated requirements, including timely submission.
<i>Description and depth of reflection</i>	A superior paper offers an in-depth reflection on the assignment grounded in specific experiences.
<i>Writing</i>	A superior paper is clear, well organized, and as concise as clarity demands. The writing is free of spelling, grammar, and syntax errors.